



Thoughts

1. Upon a wishing spree

What you need:

- Paper
- Pen

How to play

1. Tell the group- If you could make three wishes (cannot wish for more wishes), what would they be and why.
2. Ask them to mention a possible timeline below each wish.
3. Encourage them to share their wishes with the person next to them.

2. When I am happy

What you need:

- Paper
- Pen

1. Ask students to draw a picture to depict what makes them happy.
2. Ask them to complete this in not more than 20 words- Happiness *to me is*....
3. Ask random volunteers to read out their answers and show their pictures.
4. Discuss some of the answers and invite participation from the audience.

Coffee talk



3. Gratitude is an attitude!

What you need

- Ball
- Music

How to play

- Get the participants to stand in a large circle and pass a ball while music is playing.
- When the music stops, the person with the ball in his/her hand has to mention one thing he / she is grateful for.
- Once he/ she finishes, the game continues.

4. Picture this!

What you need:

- Pen
- Paper
- Markers/ colors

How to play

1. Ask the audience to visualize their success and draw a picture to represent that.
2. Ask random volunteers to share their thoughts.
3. Discuss and ask questions.